



Panoramic View of Point Sal Range

## "It's Time To Ride!" News ™

[Join Our Mailing List!](#)

805-922-5577



311 E Main ~ Santa Maria, CA ~ 805-922-5577



Scott and Doug after a Thursday Interval workout, rain came in and things got a little messy :)

### "It's Time To Ride!" News ™

Help others, help yourself. For the longest time I have felt like my mission in life is to inspire people. Staying fit, keeping a positive attitude and encouraging others is just who I am and want to be. So many people are going through challenges that we will never know and I feel very fortunate to be in a position as a small business to serve others and try and be of some help. This attitude in turn has benefited me in countless ways. Having a "Servants Heart" is rewarding and I hope in the end, is my legacy. Not money, things (sure that is all nice), but memories of lasting relationships and moments that altered the course of someone's life and future for the better. I am sure we all have people that come into our minds that have inspired us in some way at some time. One of those people for me is my friend and training partner Doug Sims. Not only does Doug set a high bar for athletes everywhere, but he has helped me establish a bar for myself that 7 years ago I did not know I needed (while going through the 2 store saga). Staying committed to an elite sport like cycling, hell anything really, takes dedication, hard work and sometimes a little pain. Doug has helped me set a standard that I cannot let go of. If I do, I cannot keep up with him any longer, plain and simple. As life's challenges come around, we can sometimes lose meaning and focus for the things we love and the feelings of wellness that they produce. I love to train, I love routine, I even love a little pain. Hard work-outs provide this. While I have no plans to return to racing, Doug has shown me by example that aging athletes can still improve and achieve great personal fitness and I am in for that!. So as we move deeper into the grip of Winter (or a personal challenge), remember these words and get out there and ride or do something at any level. The New Year is just around the corner, so connect with your feelings and thoughts about what is important in your life, what needs change and how you can take positive steps in that direction.

### Last Weeks Saturday Ride Report

Riding over Palmer Canyon and to Bob's Well Bread is never a bad ride. Good pavement and sunny skies prevailed. Our pace was smooth, not too fast with quick regroups. A large number of us came back via 135 because of other commitments rest of the day and some went on to Aliso and back Foxen Canyon. With the awesome selection of routes that we



Baked goodness at Bob's Well Bread in Los Alamos



Some folks pay BIG money to ride our roads. Don't take it for granted!



Devin ready for another Saturday ride. Once High School racing Season begins, he will be off kicking butt every weekend.

Best of luck for your 2019 season Devin!!

If anyone is interested in how they can contribute to the program, contact Tony at 805-922-5577



have built, there is always a way for everyone to get the type of training and milage they need, just simply communicate. For those who have not tried eating at Bob's Well Bread, I highly recommend it, just don't be in a hurry.

## Ride for this week Dec 15

This week will be a new route, Mainstreet Cycles to Pismo Pier and back. Leave from Mainstreet Cycles at 9am, head up Bull Canyon to 166, Thompson/Los Berros to Valley road, HWY 1 to Pier. Milage approx 55. Portions of this ride we have done before, so usual regroups will apply. There are three options for an extended stop should we decide; Old West Cinnamon Rolls in Pismo, or the 7/11, or the Market on top of Halcyon road.

Questions? Contact me at 805-922-5577

## Special Note:

Many people have been inquiring about Mainstreet Cycles Vests and Jackets not being available on the at once order link (below). While that will not be possible now, we have found a work around by doing a shop customer order for stock, available late January. If you would like a new MSC Vest or Jacket, please let us know your size and what item/items, and we will reserve them for you.

## Quote of the Week

"Life is not a virtual reality, real shit happens and sometimes you gotta change the roll" -Scotty Chang

## Custom Mainstreet Cycles Clothing link

You can now purchase new Mainstreet Cycles clothing anytime 24/7 by using the link below and receive your order in less than 10 days!

<https://www.voler.com/browse/collections/details/l/MainStreetCycles>

## Regular Rides



Saturday Group road ride, Albertson's Orcutt (twice monthly) Mainstreet Cycles (twice monthly). Year round, ride leaves at 9am Info:805-922-5577



Cups need coffee



Garret and Devin staying on top of their Social Media while taking a break.



Mainstreet Gift Cards now available in any \$ amount



Scott and "Peter Pan" Folks, please remember that PCPA is a great community resource that needs our participation and support. Try to donate and attend when you can.



#### Brew Crew Mountain bike ride

Thursday nights, year round. Must have lights after end DST. Meet at former Rooney's, ride leaves at 6pm

### Groups

#### **Brew Crew (Year round): contact 805-922-5577**

**Club Tailwinds (Year round):** Tailwinds Bicycle Club is a group of sociable cyclists with no-drop rides starting in Orcutt and Santa Maria. Various routes and speeds to meet your requirements. [biketailwinds@gmail.com](mailto:biketailwinds@gmail.com)

#### **Cutters: contact Chris Ries 805-934-8736**

#### **Kids Club (Seasonal): contact 805-260-0556**

#### **Saturday Morning (Year round): 805-922-5577**

Vivid Financial is going to host a new morning group ride in Old Orcutt on Tuesday and/or Thursday Mornings from 5:30-7:20am. The plan is to meet at their office (340 E. Clark Ave) for coffee at 5:15am to depart at 5:30am. For more information, contact Calvin at 805-937-4556

I welcome any links to other up coming events that I could post to help keep riders focused and to use as goals to shoot for. Just drop an email to me with date and event info. If you could also include a link, that would be awesome!

To help communicate when we do have flats or lost riders, please put my cell number in your phones; Scott Clark 805-451-7805.

Please make sure to come prepared with **EVERYTHING YOU WILL NEED** to be comfortable and safe on ride. **CHECK ALL YOUR EQUIPMENT BEFORE SHOWING UP FOR RIDE.** This includes making sure that you have Helmet, working cleats on your shoes, flat gear, food, cash and of course that your bike is in good working order.

### **Interested in our ride but have not tried it yet?**

We are a no drop, group-minded group ride, however:

You need to have a true "road" bike and can pedal at least 14mph on your own for a couple of hours. If you can do this, we can help you to integrate into a faster group setting. If you are working your way into this fitness level, ride part way with us.

We hold a pre-ride meeting each week and can advise on where and how to participate and cut short if needed.

Ride leaves Albertson's parking lot (Taco Bell side) in Orcutt at 9am, and twice a Month from Mainstreet Cycles at 9am when posted.

"Nobody ever got better by not showing up" -Scotty Chang

**Below is a list of other up-coming events that you may be interested in and can focus your training and commitment on/for:**

**Saturday December 22**  
Ride from Albertson's Orcutt  
9am

**March 9, 2019**  
**Solvang Century**

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